

# **Abstract**

## **Title of the thesis:**

Food supplements and nutrition and performance of professional cyclists

## **The goal of the paper:**

The aim of my work is to determine differences in the using of dietary supplements and performance by professional cyclists. I also find out how different are the two supplementation groups monitored before, during and after exercise. I focused on it also which marks of supplements by professional cyclist and cyclist who prefer performance. Of course I did not neglect to compare the groups surveyed drinks.

## **Methodology:**

The data I obtained through a questionnaire that I circulated by an e-mail over the Internet. With some athletes I regularly meet in person, that I used for directly answering a questionnaire. The questionnaire used was clear and simple questions. The questionnaire is given below in the Annex. Most of the respondents interviewed were male and the age range was wide.

## **Results:**

The results show that the greatest differences between groups of respondents are in supplementation before, during and after exercise. Differences are also in used the labeling of dietary supplements. Professional cyclists gather information about supplements from sources other than performance cyclists.

Professional cyclists are mostly used by councils traper or learn from the experience of their team mates. Cyclist prefer performance informatik obtained from the Internet.

## **Keywords:**

Food supplements, cycling, professionals, performance cyclists.